



## REP Camp # 1 / Under 12/14s

### Technical Program



**Casey Basketball**



## **REP Camp # 1/ Under 12/14s**

### **Schedule**

|                |  |
|----------------|--|
| <b>8.45am</b>  | <b>Sign In</b>                             |
| <b>9.00am</b>  | <b>Basketball Session 1 – Girls / Boys</b> |
| <b>10.20am</b> | <b>Break</b>                               |
| <b>10.30am</b> | <b>Basketball Session 2 – Girls / Boys</b> |
| <b>12.00pm</b> | <b>Recap and Clean Up</b>                  |



Practice Session 1– Offensive Build Up

\*\* Emphasis of Day – 1/ Sprint Cuts 2/ Possession is KING\*\*

| Time                | Activity   | POE   | Notes  |
|---------------------|--|---|--|
| 15<br>9:00-9:15am   | Warm Up<br><ul style="list-style-type: none"> <li>- TAG UP – D-Trans (Talk)</li> <li>- Lemanis ball handling</li> <li>- CoE pivoting</li> </ul>  | <ul style="list-style-type: none"> <li>✓ Warm Up The Mind</li> <li>✓ Get Ready</li> <li>✓ Communication</li> </ul>  |  |
| 20<br>9:15-9:35am   | 4v0 Receivers<br>4 on 3 Tag<br>  | <ul style="list-style-type: none"> <li>✓ Aggressive to score</li> <li>✓ First catch rules</li> <li>✓ Drift, Diag, and Drag</li> <li>✓ 2 + 2 Kill Box</li> <li>✓ Ball has eyes</li> <li>✓ Sprint Cuts</li> <li>✓ Possession is KING</li> <li>✓ 2 more than 2 inside the 3</li> <li>✓ Ball must be guarded</li> </ul> | New Group Every 2 Possessions<br>Light v Dark<br>3 stops |
| 20<br>9:35-9:55-am  | Flow Build Up (DHO) 3v0 4v0<br>  | <ul style="list-style-type: none"> <li>✓ Wood Chop</li> <li>✓ Pivot</li> <li>✓ Back Cutter / Look 2 times</li> <li>✓ Opp Area</li> <li>✓ Nrt Sth / Est Wst</li> <li>✓ Can you score, can roller score, throw it on</li> <li>✓ Sprint Cuts</li> <li>✓ Possession is KING</li> </ul>                                  | Light v Dark   |
| 10<br>9:55-10:05am  | Flow Build Up<br><ul style="list-style-type: none"> <li>- 3 on 0 into 3 on 3 Drag</li> <li>- Guard, Lead Post and Reversal Post</li> </ul>   | <ul style="list-style-type: none"> <li>✓ Get ball to operational area – FT line and below</li> <li>✓ Can you beat your man away from screen?</li> <li>✓ Screener close gap on ball defender</li> <li>✓ Can you score, can roller score, throw it on</li> <li>✓ Sprint Cuts</li> <li>✓ Possession is KING</li> </ul> | Light v Dark<br>3 stops                                  |
| 15<br>10:05-10:20am | <b>U12s 5 Out U 14s Lead &amp; Reversal Post</b><br>Flow Build Up 5 on 0 into 5 on 5<br><ul style="list-style-type: none"> <li>- KA Pass / Sprint Opposite</li> <li>- Floor Spots</li> <li>- Drag Screen</li> <li>- Lead and Reversal Post</li> <li>- 2<sup>nd</sup> Side Score</li> </ul> | <ul style="list-style-type: none"> <li>✓ Pass fakes, pivots and wood chops</li> <li>✓ Cut late / Cut early</li> <li>✓ Screening angles</li> <li>✓ Big up through elbow</li> <li>✓ Big down to rim</li> <li>✓ Sprint Cuts</li> <li>✓ Possession is KING</li> </ul>   | NO SWITCH ON D<br>FIGHT OVER DROPS                       |



Practice Session 2 – Offensive Build Up

\*\* Emphasis of Day – 1/ Sprint Cuts 2/ Possession is KING\*\*

| Time                 | Activity  | POE   | Notes                              |
|----------------------|---|---|------------------------------------|
| 10<br>10.30-10:40am  | Warm Up<br>- Post Feeds in 3's (Bowl / Zip)<br>- 4v0 receivers 2 Drives for a score   | <ul style="list-style-type: none"> <li>▪ Get mind and body ready</li> <li>▪ Next concept to be introduced - focus</li> </ul>  |                                    |
| 15<br>10.40-10:55am  | Flow ½ Court<br>- 5 on 0 into 5 on 5<br>- Quicks to Splits<br>U12s 5 Out<br>U14s Lead & Reversal  | <ul style="list-style-type: none"> <li>▪ Floor positions</li> <li>▪ Don't fight pressure</li> <li>▪ Timing of cuts</li> <li>▪ Sprint Cuts</li> <li>▪ Possession is KING</li> </ul>  |                                    |
| 15<br>10:55-11:10am  | <b>U12s 5 Out U 14s Lead &amp; Reversal Post</b><br>Flow Build Up 5 on 0 into 5 on 5<br>- KA Pass / Sprint Opposite<br>- Floor Spots<br>- Drag Screen<br>- Lead and Reversal Post<br>2 <sup>nd</sup> Side Score | <ul style="list-style-type: none"> <li>✓ Pass fakes, pivots and wood chops</li> <li>✓ Cut late / Cut early</li> <li>✓ Screening angles</li> <li>✓ Big up through elbow</li> <li>✓ Big down to rim</li> <li>✓ Sprint Cuts</li> <li>✓ Possession is KING</li> </ul> | NO SWITCH ON D<br>FIGHT OVER DROPS |
| 20<br>11.10-11:30:am | Press Break<br>- 5 on 0<br>- Go through all roles<br>- Smash and Punch<br>- Punch and Pop (U14s)  | <ul style="list-style-type: none"> <li>▪ Do your job – No shortcuts</li> <li>▪ Sprint Cuts</li> <li>▪ Possession is KING</li> </ul>   |                                    |
| 15<br>11:30-11:45am  | Long Shell 2v2 4v4 5v5<br><br>- Dog / Plug<br>- No KA<br>- Pack Reads   | <ul style="list-style-type: none"> <li>▪ Don't Gamble</li> <li>▪ Keep 1 Way</li> <li>▪ Contain</li> </ul>   |                                    |
| 15<br>11:45-12:00pm  | Play/ Scrimmage – 3 Way.  | <ul style="list-style-type: none"> <li>▪ Floor positions</li> <li>▪ Strong with the basketball</li> <li>▪ Sprint Cuts</li> <li>▪ Possession is KING</li> </ul>  |                                    |